

These four exercises are used to lessen the role your fears play in your life. They help you uncover deeper reasons for your fear, guide you to use self-compassion to help you better accept yourself with your fear, lead you to become humble in the face of your fear, and transform your fear into a challenge you are enthusiastic about meeting. Do these exercising in a quiet room away from TV or your phone, or while walking or sitting on a bench at the park. If possible, journal afterwards.

CURIOUS ABOUT FEAR

Spend four minutes being curious about your fear. Ask yourself the following questions while in a calm state. *Is my fear about the unknown, failure, mental discomfort, or emotional instability. What am I afraid will happen if any of the above are true? And what will happen if that happens? When I experience my fear, where do I feel it in my body? What does it feel like, specifically? What thoughts do I have that are instigated by this fear?* Be open to any answers, even if they do not make sense at first. If you feel good about an answer, state it as fact.

SURRENDERING TO FEAR

Some fears are *small* and some are quite *large*. We might be able to overcome a smaller fear by pushing past it and completing the terrifying task at hand. While other times we might be experiencing the very situation we are afraid of and our experience in no way decreases its intensity and might possibly make it worse. When you find yourself in the latter situation, you might find peace in surrendering to your fear. For four minutes, humble yourself in the face of your fear. *Fear you are bigger than I. No matter what I try, I continue to be afraid. I humble myself and surrender to you fear. I realize I have no means of outsmarting or out strengthening your power. The battle is over. I give up.*

VALIDATE FEAR

For four minutes consider your fear and give yourself compassion for having it, specifically give yourself validation. *It is understandable I am experiencing my fear. My human body and brain are designed to feel fear. Fear has kept my ancestors alive. I am a human being having a human experience and my fear is proof that I am operating properly. This fear in no way makes me less loved. This fear in no way makes me less worthy of love. This fear in no way separates me from others. This fear in no way makes me a bad person.*

WELCOME YOUR FEAR

With eyes closed, imagine your worry thoughts and visualize them in some way. Turn your awareness away from your worry thoughts and towards your fear. Visualize your fear as a “being” sitting beside you. You might see the fear as a shadow figure or a child. Name your fear “Fear of ...” and validate it. “It is understandable I am afraid of ... because...” Then say something to your fear that welcomes him/her to be beside you. Notice the vulnerability in the fear. What does he/she need? Notice any resistance you have towards the fear and instead welcome the fear to exist and be near you.